

WELCOME TO

Our Comfortable Cafeteria



Creating Comfortable Cafeterias to Improve Child Nutrition



Comfortable Cafeterias

How Pleasant and
Positive Mealtimes at
School Can Set the Stage
for Better Learning,
Better Behavior, and
Improved Health



Creating Comfortable Cafeterias to Improve Child Nutrition



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- Past Chair SNS DPG
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It's Only Nutrition

WHEN they eat or drink it!



New Standards =

More Food
and
More Choices



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More FUEL into Kids

Less Food into the Trash Can!



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Today's Webinar

- Describe the behavioral and academic benefits of positive, pleasant mealtimes.
- Discuss the important role of school cafeterias in helping children develop positive eating habits for a lifetime.
- Share tips and resources to make school mealtimes more pleasant for both students and staff.



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Who should care about mealtimes in school cafeterias?

- School Food Service Staff
- School Administrators
- Teachers
- Aides
- Students
- Parents
- Coaches
- Communities



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So, what does this look like?

Every school has the
opportunity to create
and support a Pleasant
and Positive Mealtime
Environment.



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So, what does this look like?



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Sometimes cafeterias are not so inviting

- Students are pressured to eat certain foods or specific amounts.
- Supervising adults are not trained to support healthy eating.
- Students are not allowed to talk or socialize during meals.
- Meals are consumed in a hurry to get outside or back to classroom.



Pleasant & Positive Mealtime Environment

- One of best parts of the school day
– break from classroom pressures
- Good food in a safe, welcoming atmosphere - showing that schools value the importance of nutrition
- Calm, comfortable tone that allows socialization and conversations
- Unrushed feeling so adults and children have time to enjoy meal



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Pleasant & Positive Mealtime Environment

- A time for students to relax, socialize, and nourish their bodies and minds
- A time to fill critical nutrient gaps and refuel for concentration and focus in the classroom
- A learning laboratory for healthy eating habits and acceptable mealtime behaviors



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Pleasant & Positive Mealtime Environment

- A calm, comfortable cafeteria does not happen by accident.
- Like any other important aspect of an successful school, it requires effective teamwork and communication among administrators, teachers, aides, food service, students, and parents.



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Why are mealtimes so important?

1. Today's food experiences shape children's life-long relationships with food. The goal is to develop capable, competent, and smart eaters.
2. Meals consumed at school are essential to healthy students with strong bodies and sharp brains.
3. More satisfied customers in the cafeteria also means that school meals programs financially strong.



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Pleasant & Positive Mealtime Materials

Based on the **Ellyn Satter**
Approach to Feeding
and the
Division of Responsibility
in Feeding

www.ellynsatter.com

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Ellyn Satter Approach

- Kids eat better when they are not pressured.
- Kids eat unpredictably, waste food, and are leery of trying new foods.
- Kids naturally stop eating and drinking when they are full.



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Division of Responsibility in Feeding

- Adults decide the *what, when,* and *where* of feeding at school.
- Children decide *whether they will choose to eat the foods offered* and *how much to eat.*



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How do kids eat?

- Differently than adults: Cautious about new food and about new people cooking it, esp. in preschool and early elementary
- Learn by repeated exposure and experience with new food (at least 7-10 times)
- Like to be in control of their eating, with supportive adults present, in a pleasant setting, with enough time to eat



How do kids eat?

- They like choices.
- They want to feel safe with food on their tray, not scared that they will be forced to eat it, pressured to try a bite, etc.
- They listen and respond to their own hunger and satiety cues.
- They need to have plenty of time to eat, at least 15 to 20 minutes of seat time.



How do kids eat?

- They eat with their eyes first and are not interested in food that is unappealing to them.
- They need limits and guidance on how to respectfully decline food.
- They like to eat and socialize with friends.



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What's the role of School Nutrition Staff?

- Provide eye-appealing, tasty, colorful, fresh meals in a pleasant environment
 - Decide **what** foods served and how to introduce new foods successfully
 - Decide **when** (timing of meals)
 - Decide **where** (location of meals)
- **Help customers feel safe, welcomed, and valued! Model/teach respectful manners.**



What's the role of all adults in cafeteria?

- Help customers feel safe, welcomed, and valued! Model/teach respectful manners.
- Let them decide *how much to eat* and *how to make choices* respectfully.
- Teach/model social skills for meals: inside voices, eating etiquette, use of utensils, and gauging time to eat before dismissal.



Phrases that HELP in School Cafeterias

Phrases that HINDER

- Finish your milk.
- You didn't eat enough of your lunch.

Phrases that HELP

- *Are you still thirsty?*
- *Are you finished with your milk?*
- *Did you get enough to eat today?*
- *Are you finished with your lunch?*



Phrases that HELP in School Cafeterias

Phrases that HINDER

- You need to try one bite of that.
- Please take a “No, thank you” bite for the cook.
- You should try that, it is really good.

Phrases that HELP

- *You are in charge of choosing which foods on your tray to eat.*
- *Everybody likes different foods, don't they?*
- *You can decide to try a bite of that next time.*



Phrases that HELP in School Cafeterias

Phrases that HINDER

- Hurry, you only have five more minutes to finish your lunch!

Phrases that HELP

- *You have five more minutes to enjoy your lunch.*
- *If you are still hungry, fill up your tummies in the next five minutes.*



Things NOT to do in School Cafeterias

- Force children to eat a minimum amount of food or milk
- Force bribe, or pressure children to try a new food item
- Take it personally if students decline or dislike what was prepared
- Over-ride their bodies' hunger/fullness cues



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What about these RULES?

- *Clean Plate Club*
- *One Bite Rule*
- *The No Dessert Until You've Eaten Your Vegetables*

Should schools use these rules?

No. They don't help children become competent eaters or make smart choices.



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Best Practices for Comfortable Cafeterias



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Best Practices for Comfortable Cafeterias

- Recess Before Lunch
- Adequate time to eat lunch
- Established Mealtime Philosophy
- Adults eating with children



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Recess Before Lunch (RBL)

- **Improved cafeteria atmosphere**
 - Students are more relaxed and focused on eating rather than the playground
- **Less supervision in the cafeteria**
 - Students have improved behavior
- **Fewer classroom discipline issues**
 - Students are calmer when they return to the classroom



Recess Before Lunch (RBL)

- **Increase in classroom time on-task**
 - Students return to the classroom ready to learn
- **Increased milk, vegetable, and entree consumption**
 - Less plate waste, less trash
 - Results in increased nutrients and fluid intake
- **Decreased number of nurse visits for tummy aches after recess**



Recess Before Lunch (RBL)

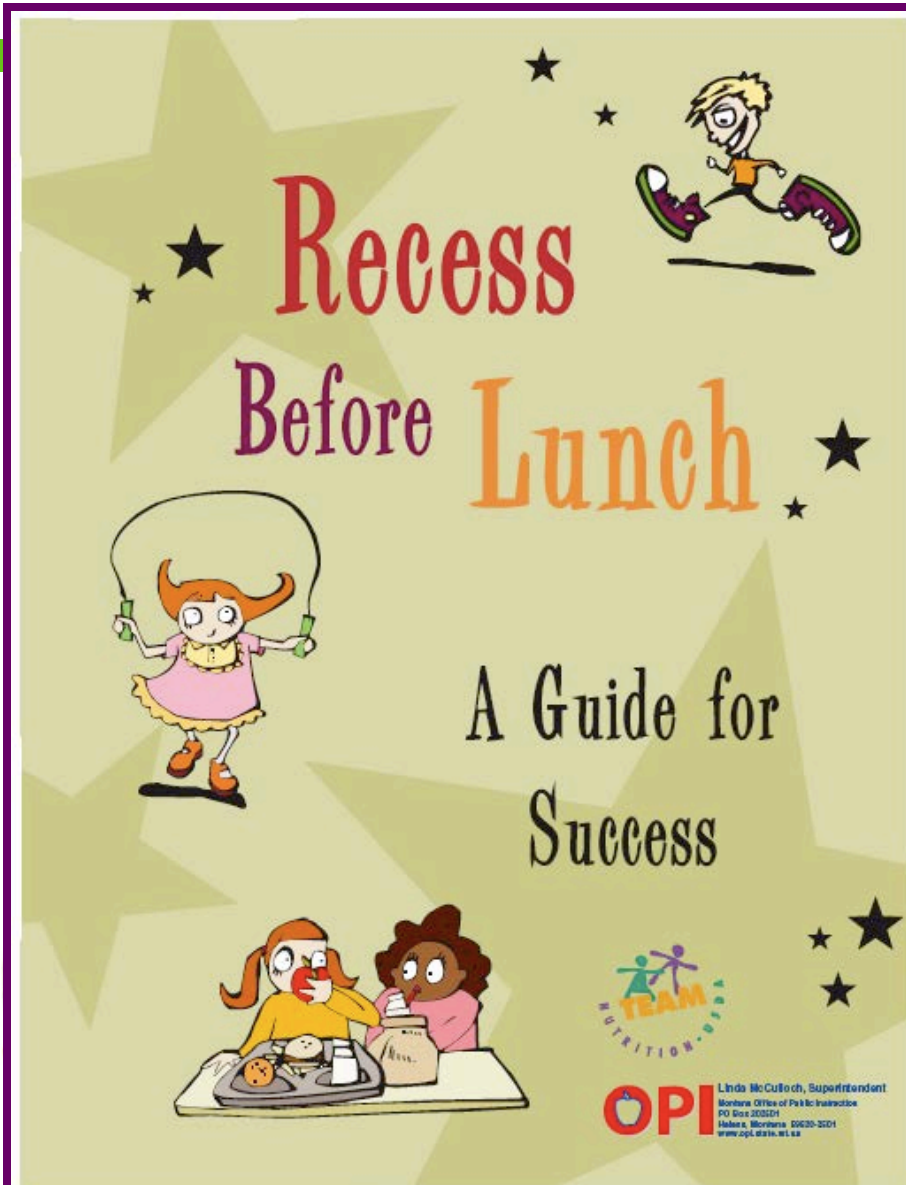


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Adequate Time to Eat Lunch

At least
15-20 minutes
of
SEAT TIME



USA TODAY THURSDAY, AUGUST 18, 2011 3D

The economy's impact on kids
The recession has long-term costs for kids, a national child welfare survey says.
To find out where child poverty is worst, go to family.usatoday.com.

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The FDA has approved a new drug to treat melanoma, the deadliest form of skin cancer, by targeting genetic mutations.
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Your Life
THRIVE CARE NOURISH SHINE

Students feel rushed at school lunch

A lack of time for meals leads to overeating, more obesity

By Nanci Helmsch USA TODAY

School districts across the country are revamping their menus to serve healthier fare, but most schools give students so little time to eat that they could be contributing unwittingly to the childhood obesity problem. Healthful food can take longer to eat, and research shows that wading down a meal in a hurry often means people eat more.

A new national survey by the School Nutrition Association shows elementary kids have about 25 minutes for lunch; middle school and high school students about 30 minutes. That includes the time students need to go to the restroom, wash their hands, walk to the cafeteria and stand in line for their meals.

Many students may have only about 10 to 15 minutes left to eat their meals, school nutrition directors say. But students should have at least 20 minutes to eat their lunch, the government recommends.

"It's a problem in a lot of districts. There's not a lot of time to get their food, sit down and eat their fill," says Helen Phillips, president of the School Nutrition Association and senior director of school nutrition for Norfolk (Va.) Public Schools.

Many students feel rushed, says Deborah Taylor, director of the Shawnee (Okla.) School Nutrition Services.

The typical length of the lunch has been about the same since 2000, but it's shorter than in 2003, when kids got up to five more minutes. Children in some countries, such as France, get as long as one to two hours to eat lunch.

U.S. research shows that when people eat quickly, they consume more calories, enjoy the meal less and feel hungrier an hour later.

This lunch-period dilemma comes at a time when about a third of children and adolescents — 25 million kids — are obese or overweight, government statistics show.

Almost 32 million kids eat the school lunch every day, and more than 11 million eat the breakfast served there. Overall, kids consume about 200 to 500 of their calories in the school meal programs.

The Healthy, Hunger-Free Kids Act of 2010 directs the U.S. Department of Agriculture to set new nutrition standards for all food served in schools, from lunchrooms to vending machines. Those standards are being developed now, but in the meantime, the school food-service directors have already made lots of improvements, Phillips says. The new survey of 1,294 school nutrition directors from the School Nutrition Association found that most schools are offering fresh fruits and vegetables, whole grains, salad bars or entree salads, and fat-free and 1% milk.

But those kinds of foods often take more time to eat, Phillips says. "It takes more time to chew a whole apple than applesauce. Eating an entire salad takes longer than eating a chickenburg-er or chicken nuggets, because of the crunching and chewing of the raw vegetables."

Sometimes kids eat their favorite foods first, and if they run out of time, those vegetables may land in the trash, she says.

Children who bring their lunch would typically have a little more time to eat because they don't have to stand in line to get their meal, she says. Whether it's enough time depends on the child and the length of the period. "The younger elementary kids tend to eat slowly."

The pressure of all the different academic demands affects the lunch schedule, Phillips says, so food-service directors work with principals to make sure lunch hours are staggered to allow everyone to be served quickly.

Many factors come into play when determining lunch periods, including building size, the number of serving lines, the seating in the cafeteria and the number of students coming to the cafeteria at any given time, she says.

Taylor adds: "I don't know if there is a perfect answer. Every building is different, every principal is different."

When people look back on the childhood obesity epidemic in this country and wonder how it spiraled out of control, they may blame the way kids were rushed to eat too fast, not just at school but at home, Taylor says.

"I think we've diminished the joy of sitting down and enjoying a meal. Now, the attitude is we should sit down and eat and get it over with."

Good advice for parents

Food-service workers try to make it easy for kids to eat healthful foods. And they say parents can do the same when packing their children's lunches. Helen Phillips, senior director of school nutrition for Norfolk (Va.) Public Schools, offers this package of pointers:

- **Think fresh.** Her staff uses pre-washed fresh produce, such as baby carrots, apple slices, grapes and pineapple spears, so if a child runs out of time to eat the food at lunch, they can take the food with them in their backpack and eat it on their way home, at snack time or between classes, if the school allows that.
- **Be a cut-up.** She encourages parents to cut meat, fruits and vegetables into bite-size pieces for elementary children. "Elementary kids are often missing their front teeth and can't easily bite into an apple or peach."
- **Be a squeeze.** Sometimes kids this age have a hard time manipulating items into their jaws or walk home, so it may be easier for them if parents choose a reusable container with a pull-up spout, she says.

No rush Helen Phillips of the School Nutrition Association dines with students at Tanners Creek Elementary School in Norfolk, Va. Phillips says students need more time during lunch period or they'll overall, which contributes to childhood obesity.

Research shows that when people eat quickly, they consume more calories, enjoy the meal less and feel hungrier an hour later.

TEAM NUTRITION • USDA

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Established Mealtime Philosophy

As recommended by nutrition experts,
we support the

Division of Responsibility between Adults and Children

at mealtime.

Simply put ...

- Adults decide the ***what, when, and where*** of feeding at school.
- Children decide ***whether*** they will choose to eat the foods offered and ***how much*** to eat.



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- Adults decide the **what, when, and where** of feeding at school.
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Our School District takes pride in helping children develop healthy eating habits while at school. We are taking steps to serve healthful, appealing meals that are consistent with the recommendations of the USDA's MyPlate.

We encourage every adult to be a healthy role model for children and to enjoy healthful foods and drinks at mealtime. Adults will not persuade, force, or shame a child into consuming any food or beverage. Adults will respect children's feelings of hunger and/or fullness; thereby allowing children to stop eating when they choose to.

While we encourage children to try all foods, they can politely refuse a new food, taste a tiny amount, or simply enjoy it!

This information was adapted from material from Elyn Satter, Doyle Hayes, and Yellowstone County Head Start, Inc. in Billings, Montana. Distributed from Montana Team Nutrition Program, contact (406) 934-5641, 2011.

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- Basis for training all staff who are in the cafeteria
- Simple, direct, easy to follow, consistent messages for children
- Helps children learn life-long skills for a healthy relationship with food.
- Post it in cafeteria, share with parents.





opi.mt.gov

Montana Office of Public Instruction

Denise Juneau, State Superintendent

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Who can use this information? school administrators, school food service professionals, paraprofessionals, teachers, parents; any adult supervising the school cafeteria



Why are school meals important?

The experiences which kids have now with food/meals will shape their future/life-long relationships with food. The goal is to develop healthy, capable and competent eaters.

Meals consumed at school are essential to the growth of healthy students– bodies, minds and behaviors. It's good for the bottom line; increased revenue to schools if more students participate in school meals programs (breakfast and lunch).

Why should schools strive to support pleasant and positive mealtimes vs. just getting the students fed?

- Mealtime should be a time for students to relax, socialize and nourish their bodies and minds. When the mealtime/cafeteria environment is pleasant, students eat better, do better in their academic coursework, and have fewer behavioral problems.
- Many kids are undernourished, even if they are overfed. School meals provide key nutrients for students to grow and learn to their full potential. School meals may be the only reliable meal of the day for some students.
- School meals help to develop healthy eating habits and acceptable meal time behaviors. A Positive Feeding Approach requires effective teamwork and communication amongst administrators, teachers, aides, school food service staff, students and parents.

Sometimes, school cafeterias are not so inviting: students are pressured to eat, supervising adults are not trained in how to be supportive at mealtime, students are not allowed to talk during meals, and meals are consumed in a hurry to get outside. This training addresses a variety of mealtime scenarios and tips for positive meal time practices.

Adults Eating with Children

Administrators

Teachers

Aides

Parents

Grandparents

School Board Members

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Thank you for visiting

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QUESTIONS

- Ellyn Satter Institute

www.ellynsatter.com

- OPI School Nutrition Programs

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/

- Montana Team Nutrition

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html

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